

Local Cook Will Talk About Eating Healthy Locally-Raised Food

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WEST LINN – Chris Musser, owner of Lost Arts Kitchen, will speak at the West Linn Public Library on Monday, April 20, at 6:30 p.m. She will speak about the benefits of eating local food and will provide recipes as well as samples of homemade food made from local ingredients.

Musser will talk about the environmental and health benefits of eating locally-raised food. She will also discuss simple cooking techniques that highlight the natural flavors of seasonal foods, finding and storing local food, and the advantages and disadvantages of different preservation methods.

Musser has been cooking from scratch for 20 years. Wanting to pass on her knowledge to others, she has recently started teaching people how to save money by preparing food at home while also supporting the local food system and living lightly on the earth. As an eco-conscious cook, she teaches small hands-on cooking classes out of her home in Portland. Her students learn how to make their own bread, pasta, pie crust, pizza, stock, and even sushi at home as well as how to plan meals according to the season.

This event is free, but registration is required. Call the library to register, 503-656-7853.

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Free event will include cooking tips, food samples, and recipes

Supporting Documents

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